

"To provide our communities with services promoting health and wellbeing"



Elmhurst Bush Nursing Centre

Winter Newsletter 2023

Centre Hours: Monday - Friday 9:00am to 5:00pm

Phone: 53 555 000

Email: ebnc@ebnc.org.au



BOARD OF MANAGEMENT

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STAFF

Centre Manager:

Mark Alexander

RN: Janine Curtis

RN: Elise Tucker

RN: Sue Andrews

Casual RN: Susan Keith

Casual RN: Michael Scarlet

SSG Co-ordinator:

Kathie Vines

Casual Administration:

Wendy Harrington

Business Manager:

Mandy Preston

We would like to introduce Mark Alexander to the Elmhurst Bush Nursing Centre and Community as the new Centre Manager.

Mark grew up in Skipton before moving to the Pyrenees area for work. Mark has been a Registered Nurse for almost 9 years, working primarily in a hospital setting. Mark had a chance to complete the Rural and Isolated Practice and aims to complete further Remote Area Nurse training later this year.

Mark comes with 6 years manager experience overseeing inpatient, residential and urgent care clients. 'I have a passion for rural health with a particular focus on rural men's health. I wish to further develop my knowledge and skills in the rural health setting that can service, connect and benefit the community.'

We wish you all the best Mark.



We wish to acknowledge the Djab Wurrung people as the traditional custodians of the land on which we meet. In the spirit of reconciliation, we pay respect to the Elders past,

June 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Podiatrist	2 DR Pretorius 0900—1200	3	4
5 Physio	6	7 Biggest Morning Tea	8	9	10	11
12 Kings Birthday *CLOSED*	13	14 Mens Health Week 12-18	15	16 DR Pretorius 0900—1200	17	18
19	20	21	22	23	24	25
26	27	28 Diabetic Ed	29	30 DR Pretorius 0900—1200		

July 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2 NAIDOC Week
3	4	5	6	7	8	9
10	11	12	13	14 DR Pretorius 0900—1200	15	16
17	18	19	20	21	22	23
24	25	26	27	28 DR Pretorius 0900—1200	29	30
31						



August 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11 DR Pretorius 0900—1200	12	13
14	15	16	17	18	19	20
21	22	23	24	25 DR Pretorius 0900—1200	26	27
28	29	30				

Doctors Appointments at Elmhurst Bush Nursing Centre.

Dr. Pieter Pretorius is once again offering face to face consultations at the Elmhurst Bush Nursing Centre, fortnightly on Thursday morning's.

Ararat Medical Centre also offer online appointments to their existing patients for Telehealth Appointments. These consultations are conducted by Telephone, Computer, Tablets or Mobile Phone and may be by voice or video.

To be eligible for this service you must have seen one of our Doctors in person in the last 12 months.



ARARAT MEDICAL CENTRE



Building and Construction

Building and construction has begun to develop the outside area at the rear of the activities room. Construction will include the leveling and ground pad, an undercover area, ramps and rails. This will hopefully be completed in the coming months.

Future redevelopment is also planned for the front entrance of the Centre. These works aim to allow for safe social distancing for the community. Seating and shelter will be installed, railings, a revamp garden. There will also be an extension of the of car port to allow better coverage during bad weather.





Our Services

Nursing Services Mon — Fri

- ⇒ Primary Care
- ⇒ Wound Care
- ⇒ Medication management
- ⇒ Hygiene assistance
- ⇒ Pathology services
- ⇒ Urgent Care
- ⇒ Palliative care
- ⇒ Chronic disease management
- ⇒ Immunization clinic
- ⇒ Child and Maternal Health

Social Support Groups

- ⇒ Strength training
- ⇒ Library Monday Morning's
- Craft Group
- Outings Once a fortnight

Community Car

Our community car and volunteer drivers allows community members to attend vital medical appointments. *This service is specifically used to attend medical appointments/service.

Doctor Services

A General Practitioner attends the Centre every second Friday from 0900—1200hrs

Appointments can be made through EBNC on 53 555 000

Allied Health Service

- ⇒ Occupational Therapy
- ⇒ Physiotherapy
- ⇒ Podiatry

*Unfortunately we currently do not have a podiatrist, alternative podiatry services can be found here:

Agile Podiatry—Shop 3/56 High Street Ararat Phone 0405 212 301

Grampian Podiatry Clinic: Ground Floor 8/22 Patrick St Stawell Ph 03 5358 5899

Ballarat Podiatry Clinic—Soldiers Hill 605 Howitt St Soldiers Hill Ph 5332 3418

Australia's
**Biggest
Morning
Tea**



Celebrating
30 years!

Wednesday 7th June

**Elmhurst Bush Nursing Centre
commencing 10:30am**

- Entry gold coin donation
- Raffles
- Games / trivia
- Bring in your favourite tea pot / cup - prize for most novel

**Please
bring plate
to share**

Focus for 2023 will be
Cancer self-screening.

- Bowel Home Test Kits
 - Cervical Screening Kits
- are now available at EBNC.

Information and advice
available on the day.

**For more information:
Call 5355 5000**

Winter Warming Recipe

Ground Beef & Pasta Skillet

Serves 4

- ⇒ 1 tablespoon extra-virgin olive oil
- ⇒ 1 pound 90% lean ground beef
- ⇒ 8 ounces mushrooms, finely chopped or pulsed in a food processor
- ⇒ ½ cup diced onion
- ⇒ 1 15-ounce can no-salt-added tomato sauce
- ⇒ 1 cup water
- ⇒ 1 tablespoon Worcestershire sauce
- ⇒ 1 teaspoon Italian seasoning
- ⇒ ¾ teaspoon salt
- ⇒ ½ teaspoon garlic powder
- ⇒ 8 ounces whole-wheat rotini or fusilli
- ⇒ ½ cup shredded extra-sharp Cheddar cheese



Directions

1. Heat oil in a large skillet over medium heat. Add beef, mushrooms and onion and cook, stirring, until the beef is no longer pink and the mushroom liquid is mostly evaporated, 8 to 10 minutes.
2. Stir in tomato sauce, water, Worcestershire, Italian seasoning, salt and garlic powder.
3. Add pasta. Bring to a boil.
4. Cover, reduce heat and cook, stirring once or twice, until the pasta is tender and most of the liquid is absorbed, 16 to 18 minutes.
5. Sprinkle the pasta with cheese, cover and cook until the cheese is melted, 2 to 3 minutes more.
6. Garnish with basil, if desired.

Nutrition Facts (per serving)

582

21g

55g

44g

Calories

Fat

Carbs

Protein

FIGHTING FLU STARTS WITH YOU

2023 INFLUENZA VACCINES AVAILABLE

The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** to those most at risk from influenza and its complications



Ask about the flu vaccine today

health.gov.au/flu



National
Immunisation
Program

A joint Australian, State and Territory Government initiative

Our Remote Area Nurses -

Bush nursing centers (BNCs) are small non-bed-based primary health services that provide small rural and remote communities access to essential primary health and nursing services.

Our Remote Area Nurse's are trained by paramedics to work alongside them providing emergency health care to remote areas of Victoria.

The community is very appreciative and grateful for having such experienced nurses available.

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Bus Schedule

Maryborough via Avoca

		Monday to Friday						
Day Restrictions		Fr am	Fr pm					
Morning (am) / Afternoon (pm)								
Barkly St/Ingor St (Ararat) DEP		8:18	1:53					
Ararat Station (Ararat)		8:20	1:55					
Eversley Rd/Pyrenees Hwy (Eversley)		8:39	2:14					
Elmhurst Bush Nursing Centre/Green St (Elmhurst)		8:47	2:22					
Post Office/High St (Elmhurst)		8:49	2:24					
McKay St/High St (Elmhurst)		8:51	2:26					
Bakery Park/Bailey St (Amphitheatre)		9:04	2:39					
Avoca Hotel/Sunraysia Hwy (Avoca)		9:18	2:53					
Maryborough Hospital/Clarendon St (Maryborough)		9:40	3:15					
Alma St/Tuaggra St (Maryborough) ARR		9:44	3:18					
		Saturday						
		am	pm					
Morning (am) / Afternoon (pm)								
Barkly St/Ingor St (Ararat) DEP		7:07	3:08					
Ararat Station (Ararat)		7:09	3:10					
Eversley Rd/Pyrenees Hwy (Eversley)		7:28	3:29					
Post Office/High St (Elmhurst)		7:36	3:37					
McKay St/High St (Elmhurst)		7:38	3:39					
Bakery Park/Bailey St (Amphitheatre)		7:51	3:52					
Avoca Hotel/Sunraysia Hwy (Avoca)		8:05	4:06					
Maryborough Hospital/Clarendon St (Maryborough)		8:27	4:28					
Alma St/Tuaggra St (Maryborough) ARR		8:30	4:31					

Service Information

Fr = Fridays

Consumer Feedback

"Help us to improve our service"

Elmhurst Bush Nursing Centre is committed to providing quality care and service to our clients, visitors and community members.

To help us improve our service and assess whether we have met your expectations, we ask that you provide us feedback on your experience with the Centre.



You can provide feedback to us by:

1. Writing a letter or coming to see us at:
36 Green Street,
Elmhurst.
Ph: 5355 5000
2. email us at
ebnc@ebnc.org.au
3. Fill out one of our Suggestions, Compliment or Concern form, available at EBNC or Elmhurst Post Office
4. Fill out form below

Your assistance is appreciated and your feedback genuinely valued.
Thank you.

SUGGESTIONS, COMPLIMENT OR CONCERN

Client ☐ Visitor ☐ Staff ☐ Community ☐ member ☐ Volunteer

(Please indicate by marking the appropriate person)

Details: _____

Date of suggestion / compliment / concern: _____

Place of suggestion / compliment / concern: _____

If you have a concern, what could the improvement be?
 (How do we stop it happening again?)

If you wish to remain anonymous, leave this section blank.

Name _____

Address _____

Contact Number _____